Na Tato Na Mato" is from the famous work "Atma Shatakam" (also known as Nirvana Shatakam), written by Adi Shankaracharya. It is a declaration of the realization of the Self, in which Shankaracharya meditates on his true identity, beyond the body, mind, and worldly attachments.

Here's how the essence of this prayer can be correlated with the Sustainable Development Goals (SDGs):

Prayer Overview:
In "Na Tato Na Mato", Adi Shankaracharya speaks of the Self (Atman) as not being the body (Na Tato Na Mato means "I am neither the body nor the mind"). It emphasizes the realization that one's true essence is beyond material identity and worldly distinctions.

Correlation with SDGs:
SDG 3: Good Health and Well-being
The prayer promotes spiritual well-being by emphasizing that true happiness lies beyond physical and material existence. This can resonate with mental and emotional health, as it encourages individuals to find inner peace through spiritual realization, reducing stress and anxiety.

SDG 12: Responsible Consumption and Production
The prayer encourages detachment from material things, which can be linked to a lifestyle of minimalism and conscious consumption. It suggests that our true identity is not tied to material wealth or possessions, which aligns with the goal of responsible consumption, promoting a more sustainable and mindful approach to living.

SDG 16: Peace, Justice, and Strong Institutions
The prayer's message of transcendence over the ego and material identity can contribute to peace and harmony in society. By focusing on the divine and universal truth, individuals are encouraged to move beyond divisive labels (such as class, caste, race) that often lead to social injustice. This can promote more equitable and peaceful communities.

SDG 4: Quality Education
The prayer emphasizes wisdom and spiritual education, which transcends material learning. This aligns with the broader concept of quality education, where the development of inner knowledge and self-realization is as important as academic knowledge. Education is not just about material success, but also about personal growth and understanding of the true self.

SDG 1: No Poverty
By promoting a view of detachment from material wealth, this teaching encourages individuals to move beyond the need for excessive possessions. This could have a broader impact on reducing the societal pressures related to wealth, fostering a more compassionate and supportive society. It aligns with reducing poverty, as true wealth is seen in spiritual development rather than material accumulation.

SDG 10: Reduced Inequalities
Since the prayer emphasizes the oneness of the self beyond physical and social identities, it aligns with the goal of reducing inequalities. It encourages people to see beyond social

differences and understand that everyone's true essence is the same, promoting equality and social justice.

Summary:
Adi Shankaracharya's "Na Tato Na Mato" is a profound spiritual teaching that highlights the importance of understanding our true nature beyond materialistic and physical identities. This aligns with SDGs that promote mental health, responsible consumption, peace, education, equality, and well-being. By detaching from the ego and material desires, individuals are encouraged to foster a deeper connection with the divine and universal truth, leading to a more harmonious and sustainable world.

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